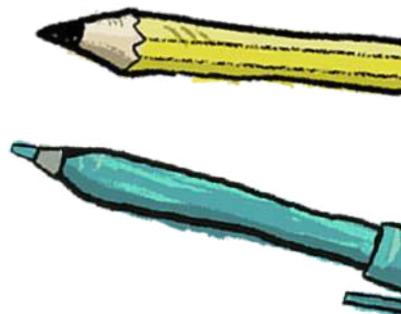


A TASTER OF OUR FREE CREATIVE WELLBEING PACKS

This taster pack contains various example activities you might find in our Free Creative Wellbeing Packs. Take a look inside to discover what's on offer!



 **creative**
ARTS EAST



Creativity | Connection | Wellbeing



Developed for all older people, including those living with a dementia or other health conditions, and their carers.



 **Norfolk** County Council

 advice and support for older age
Independent Age


Breckland
COUNCIL

Borough Council of
**King's Lynn &
West Norfolk**



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The Earl of Northampton's Charity

Thank you for your interest in the Creative Arts East, Creative Wellbeing Packs.

This 'taster pack' contains a range of example activities you might expect to see in future packs. The packs are sent out twice a month and each month is based around a different, creative theme! Our regular packs sometimes feature resources for the activities too, such as pens, glue sticks, etc.

We've previously covered themes including Jazz, Egyptian Dance, Poetry & Storytelling, Typography & Printmaking, Opera and Bollywood Dance! We also offer additional online content, such as video tutorials and blog posts.

In this taster pack, you will find examples including:

- A Jazzy Fun Facts Sheet
- Charleston Dance Moves
- A Draw to Music Activity
- Character & Storytelling Activities
- A Mindful Colouring Sheet
- Creating an Illuminated Letter Activity
- A Recipe Card
- Bollywood Hand Dance Activities

We hope you enjoy these activities and please get in touch if you'd like to regularly receive a pack from us. They are completely free and aim to keep your mind busy, encourage gentle physical movement from home, and offer ways to stay creative!

We also offer our packs in alternative formats, such as image-based packs and audio and/or video format, so please do enquire if you'd like to receive a pack in a different format.

If you'd like to refer someone to receive our packs, please get in touch or if you have been sent multiple taster packs in the post, please share them with your contacts.

Best Wishes

Lea, Sydney and the Creative Arts East team

Phone: 01953 713390 | **Email:** lea@creativeartseast.co.uk

Fun Facts - and All That Jazz!

There is more to jazz than meets the eye! Here are some interesting jazz facts you might not be aware of. We hope you enjoy them and learn something new.

The Wonderful World of Disney and Jazz!

- Sultry vocalist Peggy Lee was the voice and inspiration behind the character 'Peg' in Disney's 'The Lady and the Tramp'.
- 'Scat Cat', the band leader in 'The Aristocats', was originally called 'Satchmo Cat' and modelled on the great Louis Armstrong. Sadly, Louis was too ill to record at the time, so 'Scatman Crothers', had to step in and the character was renamed.
- Jazz singer and actor 'Wonga' Phil Harris was a regular voice for the coolest Disney characters, bringing his "Yeah Man" touch and throaty voice to 'Baloo' in 'The Jungle Book', 'Thomas O'Malley' in 'The Aristocats' and 'Little John' in 'Robin Hood'.



Above left to right: Peggy Lee, Scat Cat & Phil Harris, voice of Baloo

Crowning The 'Queen of Jazz'

The 17-year-old Ella Fitzgerald might never have shared her beautiful voice with the world, if she hadn't changed her mind at a talent contest at the last minute. She entered as a dancer, but seeing the competition, decided to sing instead, where she instantly won, and was spotted!



Charleston Dance Moves

Part of the popularity of jazz music was the fact that it was incredible dance music! In the 1920's the Charleston quickly became the most popular dance craze in dance halls across the United States... quickly winging its way over to the UK.

Below are some simple Charleston steps that you can try from the comfort of your own home - just put on a favourite jazzy tune and get those toes tapping by following the instructions below. Always remember to listen to your body, and only do what is comfortable for you. All these moves can be done sitting in a chair too!

1. The Trumpet

Hold both hands in front of you at face height. Connect the little finger of your right hand with the thumb of your left hand (so both hands are fanned out) You can move your body forward and backward while playing the trumpet! Even try wiggling your fingers too!



2. Hold Your Horses

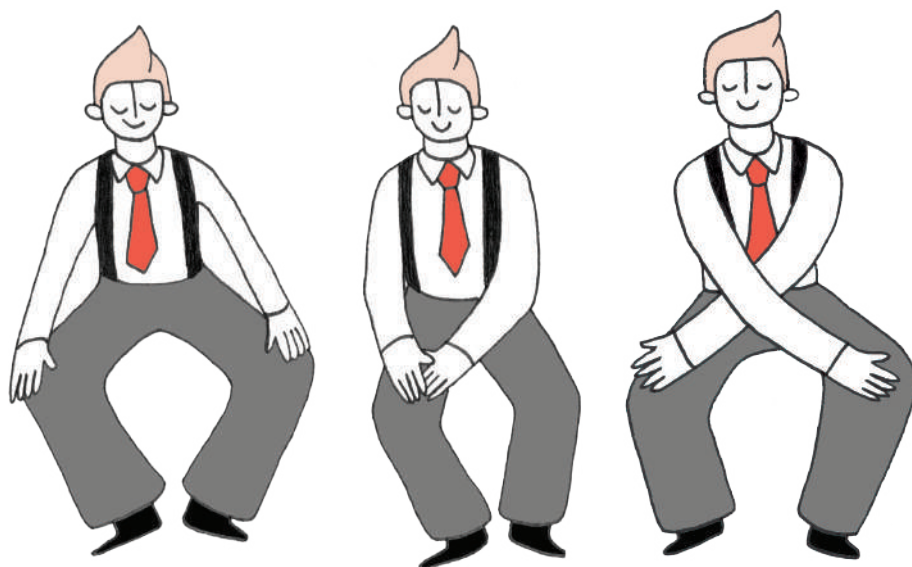
Hold both arms in front of you, with your palms open and facing forward. Roll your right shoulder back then your left shoulder and repeat.



3. Simple Box Step

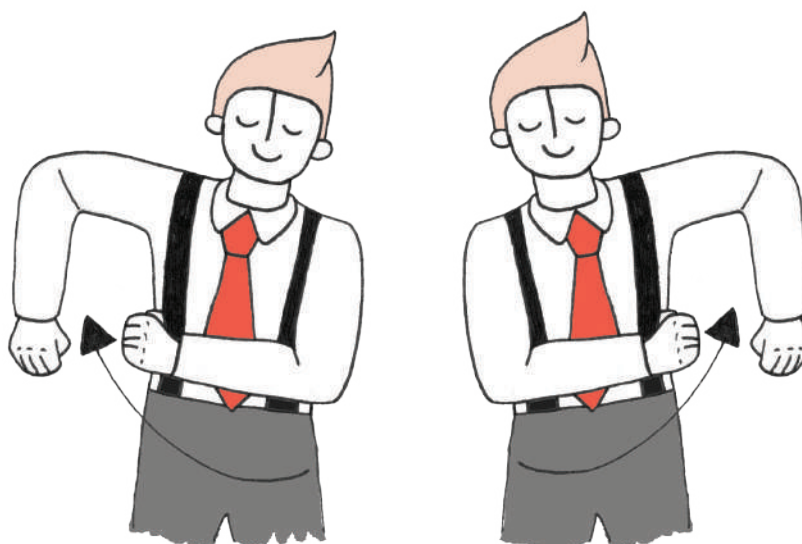
Step your right foot forward followed by your left, and then step your right foot backwards followed by your left. Add in your arms by holding them slightly bent in front of you and swaying them side to side as you step.





4. Groovy Knee Pivot

One of the best-known Charleston moves! Begin with your knees bent and touching each other, with your arms crossed over them, so that your right hand is on your left knee, and your left hand is on your right now. Spread your knees apart while simultaneously uncrossing your arms, so that you end up with your left hand on your left knee, and your right hand on your right knee!



5. Elbow Swing

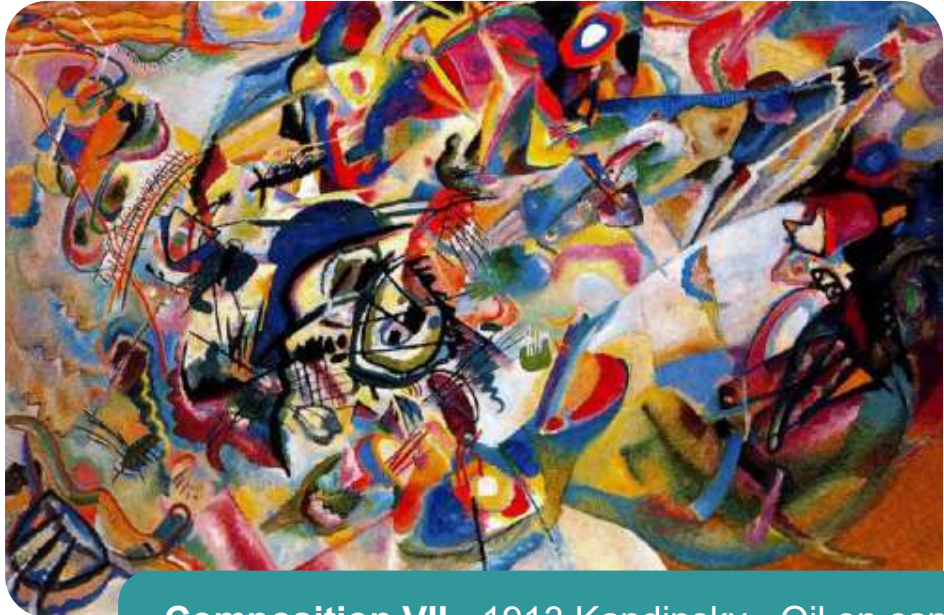
This is an exaggerated arm swing. Bend your arms to about a 90-degree angle (like a scarecrow). Move your right elbow out to the right side of your body, followed by the left arm moving out to the left side. The elbow of the arm that is swinging out should come to shoulder height, and the forearm of the arm that is swinging downwards should be parallel to the ground.

Drawing to Music

Below is a painting that Kandinsky created after listening to the music of Wagner. For this activity, we are going to be listening to our own music and responding to it through movement, drawing or writing.

You will need:

- A piece of music to listen to
- A pen or pencil
- The template provided



Composition VII - 1913 Kandinsky - Oil on canvas

Step 1

Put on your chosen piece of music and listen carefully

Step 2

Begin to draw or write how the music is making you feel, or even get up and move. Maybe think about the following questions to help you:

- What colours do you see?
- What shapes do you think of?
- Are the shapes large, small or both?
- How does your body move to the music?
- What patterns do you see?
- Do you see dark and light shades of colour?
- How do you feel when the music begins and finishes?

Step 3

Why not try this activity again with a different piece of music. You could choose a different genre, here are a couple I listened to:

The Piano (1993) Soundtrack by Michael Nyman

Let's Dance by David Bowie



Create a Character

Start by drawing the following features on your character below

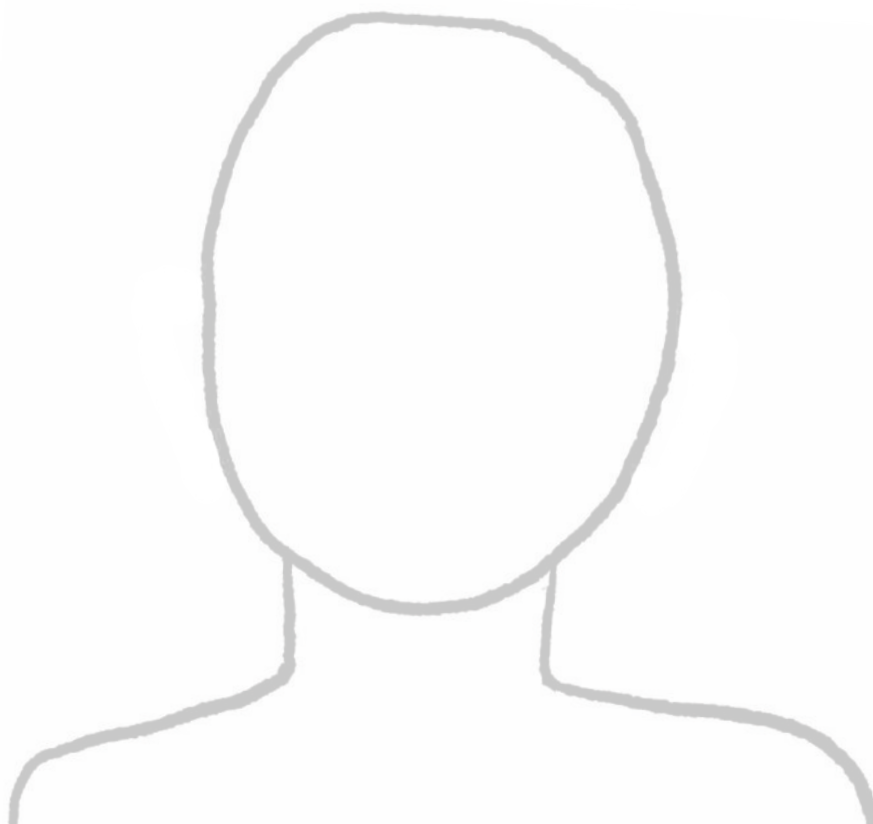
- Hair, eyes, eyebrows, nose, mouth, ears.

Next, answer as many of the following questions about your character as you can. *(You can either write the answers around them or on a separate piece of paper):*

- Where does this person live? Who do they live with? Do they have any pets?
- What does this person do as a job? Do they enjoy this job? What was their dream job as a child?
- Who is their best friend? Does this person enjoy socialising?
- What dreams/aspirations does this person have?
- What is their favourite thing to do, food, drink, film, song?
- What is their least favourite thing to do, food, drink, film, song?

When you've answered these questions, you can continue to add more detail about this character, if you would like to. You can repeat this activity and create as many characters as you like.

Now that you have created an original character you can use them in the next activity!



Storytelling - One Line at a Time

'*One line at a time*' is a storytelling game. Everyone playing tells one line of the story at a time, and it keeps going back and forth until you find an end. The story could be a mystery, comedy, romance, drama, thriller, sci-fi etc. - See where the story leads!

If you like, you can use the character you created in the previous activity to be in this story. You can play this with people in your household or with someone over the phone.

Alternatively, you can write a short story about the character you have created.

I've given a few example '*story starters*' below to help get you started, but you don't have to use these. Let us know how you get on when we chat together next!

Story Starters

- They walked through the forest as they did every Sunday, but something was different...
- We paraded down the Highstreet in our best clothes...
- It was 6am, the sun was just beginning to rise over the canal bridge...
- The three friends sat eating dinner together...



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Mindful Colouring Sheet



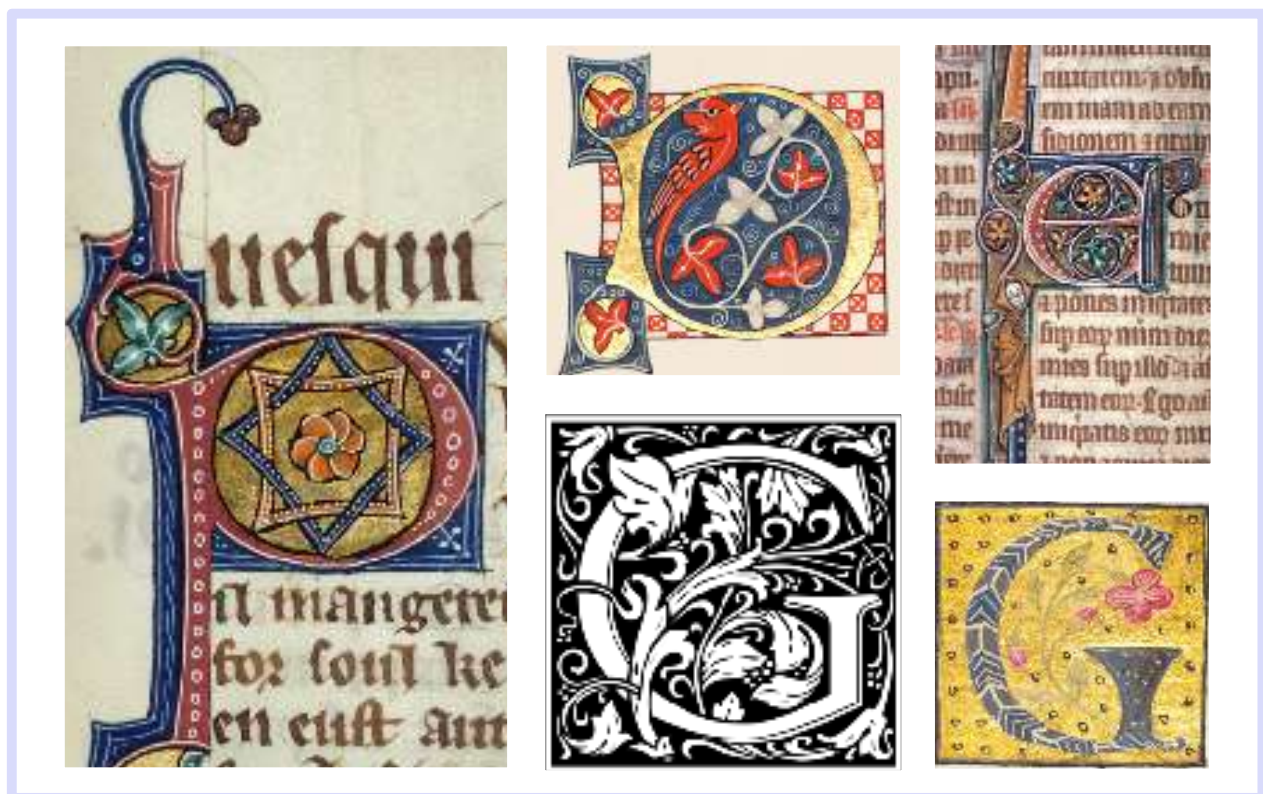
Illuminated Letters

Before the invention of the printing press, when books were made by hand, illuminators used coloured inks and gold or silver leaf to decorate manuscripts.

These pictures helped 'light up' the book for the reader, they were called **illuminated** manuscripts. The term illumination comes from the word illuminate, or to fill with light.

An illuminated letter was usually the first letter of a page or paragraph.

Animals, plants, and mythological creatures were used to decorate the letters. **Take a look at these examples:**



Now let's have a go at creating our own letter. You can use the template we have provided on the next page or just find a plain piece of paper you have at home.

Creating an Illuminated Letter

You will need:

- A pencil
- A thin black pen
- Coloured pencils
- A metallic pen
- A piece of plain paper or the template in this pack

Step 1

Choose **one** letter from the word 'TOGETHER'. Draw the outline of your letter on a plain piece of paper or the template provided.



Step 2

Add in some of the shapes, lines and words that you collected from your mindful wander. You might like to draw leaves, a bird or simple shapes to represent the things you saw, and you can write your words into your design too.



Step 3

Use your metallic pen to add detail to your letter. I've chosen to add a black outline and if you would like, use your coloured pencils too. It is thought that Illuminators would start with gold leaf and then add colour...



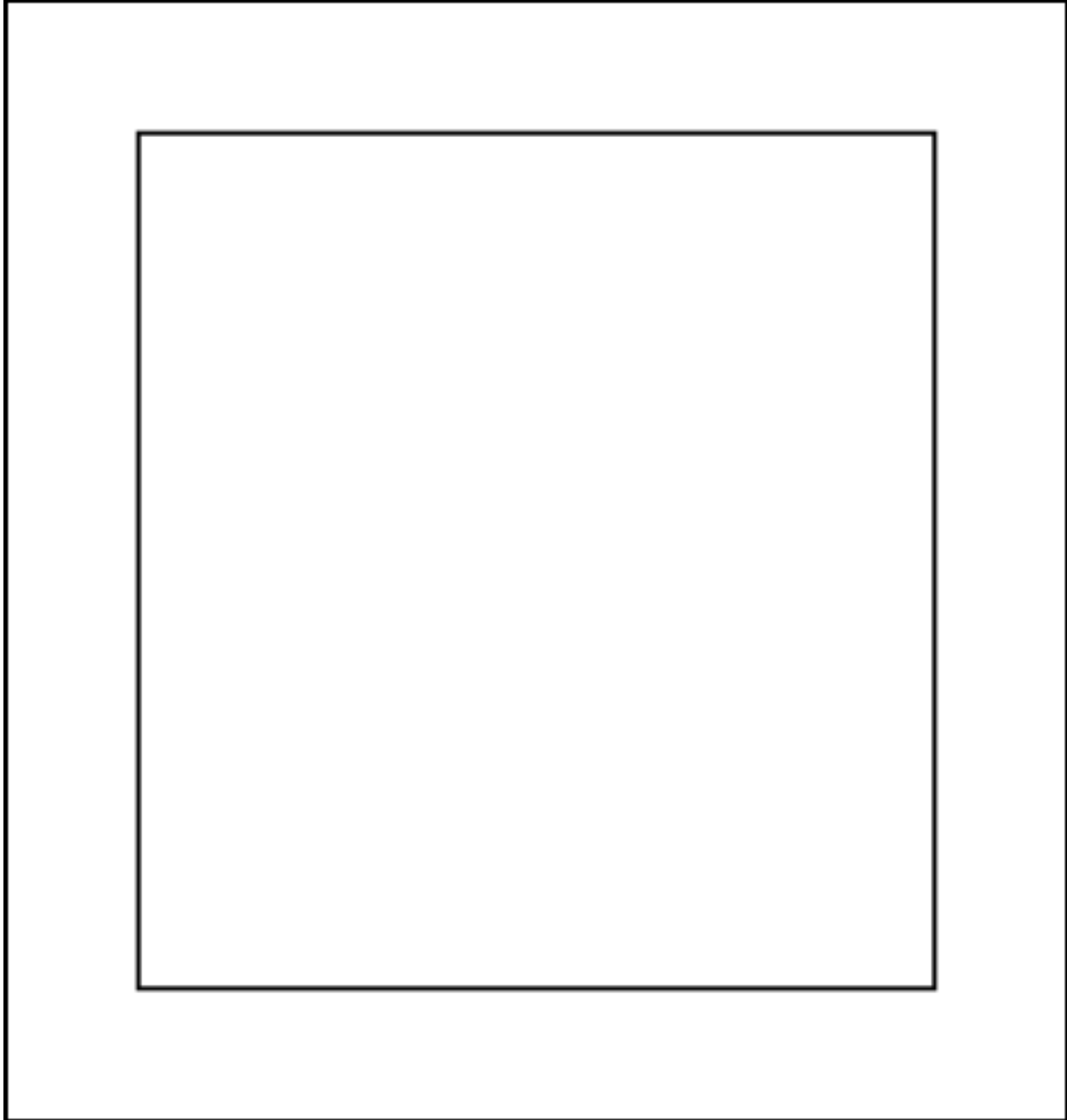
You're an illuminator, congratulations on creating your own unique letter!

My G is inspired by the greenery and the good feelings I had when I went on a mindful wander around the park.





Illuminated Letter Template



Share your creation!

If you like, you can **send a photo** of your illuminated letter to Creative Arts East!

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Julie's Caramelised Red Onion Chutney and Vegetable Quiche

The lovely thing with this recipe is that you can mix and match your own favourite things to make it just right for you.

You will need:

- 350g shortcrust pastry – make your own, or frozen is fine!
- 3 eggs
- 150ml cream (double or single)
- 150g of your favourite cheese, grated (I think Red Leicester gives a lovely colour)
- Salt and black pepper to taste
- 3 tablespoons of caramelised red onion chutney
- A selection of your own favourite veggies (I really like purple broccoli, leeks and baby sweetcorn)
- Around 6 cherry tomatoes (cut in half)



Method

1. Preheat the oven to 190°C/375°F/gas mark 5
2. Line a lightly buttered 12inch flan dish with the pastry and prick the base with a fork. Pop this into the oven and bake blind for around 8 minutes.
3. Beat the eggs and then add the double cream, stir in most of the cheese and season the mixture.
4. Chop your veggies and lightly brown them in a frying pan.
5. Spread the Caramelised Red Onion Chutney evenly over the pastry base.
6. Pop your veggies on top and pour the egg, cream and cheese mixture over.
7. Sprinkle the top with the leftover cheese, and add the halved cherry tomatoes on top, round side up.
8. Bake in the middle of the oven for 20-22 mins or until set, and a light golden brown on the top.
9. Serve with a salad, or even garlic bread. Enjoy!

Hand Dancing Activities - Warm Up

It is always important to begin any movement with a warm up.

Start by thinking about your posture - Stand with your feet slightly apart, shoulders nicely rolled back, head up. Be relaxed.

Step 1

Roll your head 4 times to the left. Now roll your head 4 times to the right.

Step 2

Roll your shoulders back 4 times. Repeat, rolling them forwards.

Step 3

Hands on hips, now swing your hips to the right for 2 counts, and then left for 2 counts. Repeat several times until you feel a little looser in that area!

Move 1 - Peacock Fingers

The best part of Bollywood dancing are the hand gestures we make. There are more complex names for them but I give them fun and easy names to remember.

Step 1

Press your two first fingers down towards your thumbs. Stick up your third and forth finger out and up, like bunny rabbit ears!

Step 2

Keeping those hand gestures now stick your elbows out.

Step 3

Keeping this position move your hands just below your chest.



Move 2 - Fan Hands

Step 1

From your peacock hand position now stretch your hands out either side of you with your elbow straight.



Step 2

When you get there spread your fingers with your little fingers pointing towards your nose and your forefinger out away from you.



Step 3

Adjust your fingers so that you are making a fan shape before bringing your hands back to peacock hand gestures, placing them back just below your chest bone.

Move 3 - Screw in the Lightbulb

Step 1

Take both hands and place them around the right side of your body.

Step 2

Imagine you are screwing in 2 lightbulbs at the same time. Twist them back again, and screw them in again!



Step 3

Do the same the other side and repeat until you find a rhythm.

Now put on some Bollywood music and have a go!



94%

of recipients

feel happy and well

after taking part in the activities in our packs

“The many varied and interesting activities you have sent, have helped me enormously during this very difficult time.”

- Creative Wellbeing Pack Recipient

About Creative Arts East

Our mission is to increase people's enjoyment, skills and health through the power of the arts

We are an arts and community development charity committed to bringing the very best arts and cultural activities to rural and/or under-engaged audiences across Norfolk, Suffolk and the wider eastern region.

We aim to use the transformative power of the arts to fight rural and social isolation; increase enjoyment, skills, health and wellbeing; broaden horizons and ambitions; and make a positive difference to the lives of people living in rural communities.

These postal packs are available to anyone living in the East and beyond!

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